[8:56 AM, 11/5/2021] Vidhya: Namaste Mahodaya, I wanted to tell you that I am very blessed. □

[8:57 AM, 11/5/2021] Vidhya: You may be wondering why I am saying like that.

[8:59 AM, 11/5/2021] Vidhya: The reason for that is I have come in contact with you and that is why I feel very blessed. I am listening to your yoga lectures. Everytime I think of you immediately I remember God. □ Thank you Mahodaya. Continue to shower your grace on me. □□□□

[9:02 AM, 11/5/2021] Vidhya: These thoughts emerged in me suddently and I felt like I should share them with you. Indeed my purva janam punyam that I came in contact with you.

[11:39 AM, 11/5/2021] Swarup Mahodaya: Namaskar Bhagini,

I am so glad to hear you are enjoying the yoga class sessions. And it is so sweet of you to write these thoughts and share them with me. It is only by the grace of God, that infinite Supreme Consciousness, that I could learn these things about the spiritual path and share them with others. I am very moved by your words and hope you will try some of the things we talk about in the sessions. I have found them very effective in developing a closer and closer relation with God. If you continue to listen to the sessions, I look forward to hearing your thoughts and experiences. □

[11:43 AM, 11/5/2021] Vidhya: Yes Mahodaya, definitely. I have already been doing upasava as we talked couple of years back. I have experienced tremendous benefits from fasting. My health issues also have gotten a lot better with fasting. Will also definitely follow your words about vipaka soch, nasa pana and also other ideas. Indeed you are blessed to have learnt so much about yoga. It is definitely your purva janam phalam. □□□

[11:46 AM, 11/5/2021] Vidhya: □□ □□□□□ □□□□□□□□ □ □□□□ □□□□□□□□□ □□□□□□ □□□□□□□ □□□□□□□

[11:50 AM, 11/5/2021] Swarup Mahodaya: Oh that is great, I'd forgotten that we'd spoken together about upavasa. Are you following the breaking fast protocol which we likely discussed? And getting full cleaning? That is really a beautiful feeling. I was doing upavasa just yesterday and so did breaking fast / cleaning this morning.

[11:51 AM, 11/5/2021] Vidhya: yes Mahodaya, I also was on fast yesterday and broke the fast according to the instructions

[11:51 AM, 11/5/2021] Swarup Mahodaya: Wow, great to hear.

[11:51 AM, 11/5/2021] Swarup Mahodaya: Yes do try those things too-- vyapaka shaoca, nasa pana, and let me know how it goes. I look forward to hearing.

[11:52 AM, 11/5/2021] Vidhya: yes, definitely will do.

[11:52 AM, 11/5/2021] Swarup Mahodaya: you are so sweet

[11:52 AM, 11/5/2021] Swarup Mahodaya: □

[11:53 AM, 11/5/2021] Vidhya: It has been a great milestone in my life to have learnt the art of controlling hunger. Would like to also learn the art of controlling the mind. Even though I am far from you but I observe you regarding how you control your mind and have one pointed focus. I would also like to attain that

[11:54 AM, 11/5/2021] Swarup Mahodaya: You will definitely attain it.

[11:55 AM, 11/5/2021] Swarup Mahodaya: Yoga is a machine, and a human being is the raw material. Put the raw material into the machine and out the other side emerges something divine.

[11:55 AM, 11/5/2021] Vidhya: 😅□

[11:56 AM, 11/5/2021] Swarup Mahodaya: This is a universal truth-- every human being has this capacity. 😊

[11:56 AM, 11/5/2021] Vidhya: yes that is true but we need that guiding light. Some are lucky to get that.